

The Mindfulness Initiative Guide to Peaceful Campus Spots

Berkeley Law has a pleasant library, and places to hang out and study, but sometimes you need a break from the law school atmosphere. Here are some suggestions for peaceful places to read, exercise, grab a bite or go for a stroll, many of them within 5 minutes of the law school, and all of them open to law students (but rarely visited by them!)

STUDYING

Anthropology Library, Kroeber Hall



Scene: Quiet library studying, large windows, big shared tables

Distance: About 150 feet from the Law School

Getting there: Pass the fountain on the west side of the law school, enter the first building (Kroeber Hall) and the library is on the second floor

Jean Gray Hargrove Music Library

Scene: Quiet study, lovely natural light, especially downstairs and on the second floor.

Distance: About 500 feet from the Law School

Getting there: Walk into campus towards the Faculty Glade, the library will be on your left, across from Wurster Hall.



Mindfulness Initiative Guide to Peaceful Campus Spots

College of Environmental Design Library, Wurster Hall



Scene: Quiet study, architecture students doing studio work

Distance: About 500 feet from the law school

Getting there: Walk into campus towards the Faculty Glade, Wurster Hall will be on your right, looking like a giant grey Soviet bunker. The library is on the second floor. Bonus: There's also a beautiful little quadrangle and shady

nook of benches in between Wurster and Boalt—see if you can find it.

Morrison Reading Room (connected to Doe Library)

Scene: Plush seating, quiet reading room, enforced no-computer and no-sleeping policy

Distance: 0.5 miles from the Law School

Getting there: Walk through the faculty glade, cut diagonally across the Campanile esplanade (and catch that awesome view of the Golden Gate Bridge,) and Doe Library will be on your left. The Morrison Reading Room is the first door on your right after you go in the main entrance off of Memorial Glade.



Doe Library “Main Stacks”



Scene: Four stories of bookshelves and echoing silence.

Distance: 0.5 miles from the Law School

Getting there: Walk through the faculty glade, cut diagonally across the Campanile esplanade and Doe Library will be on your left. The Main Stacks are on your left after you go through the main entrance.

Mindfulness Initiative Guide to Peaceful Campus Spots

The North Reading Room

Scene: Epic high ceilings, silent study and the occasional group of awe-struck tourists

Distance: 0.5 miles from the Law School

Getting there: Walk through the faculty glade, cut diagonally across the campenile esplanade and Doe Library will be on your left. The North Reading Room is on the second floor.



C.V. Starr East Asian Library



Scene: Beautiful new library, hot spot for undergrad gunners

Distance: About 0.5 miles from the Law School

Getting there: Near the North Gate of Campus; Cross Faculty Glade, the Campenile Esplanade, and Memorial Glade; Starr is across Memorial Glade from Doe Library

MEDITATION

Meditation & Silent Prayer Room, Boalt Hall

Location: Room 239C

Scene: The name says it all

Mindfulness Initiative Guide to Peaceful Campus Spots

FRESH AIR/EXERCISE

Hearst Pool



Scene: Lap swimming in a marble pool built in 1927
Distance: About 700 feet from the Law School
Getting there: Walk down Bancroft past the tennis courts, or up and around the Anthropology building. Located on the roof of the

Hearst Gym. Note: Head to the reception desk to get a swim ticket and a towel.

Hearst Gym

Scene: Yoga and pilates classes, right next to the law school. Check the [RSF group schedule](#) (and get a gym membership if you don't have one, \$10 per semester and more group classes than you can shake a stick at!)

Distance: About 700 feet from the Law School

Getting there: Walk down Bancroft past the tennis courts, or up and around the Anthropology building. Room 251 is where most of the yoga classes are, and that's up the stairs on the side of the building closest to the tennis courts.



Eucalyptus Grove



Scene: Our very own Fern Gully on campus

Distance: 0.7 miles from the Law School

Getting there: Cut across campus on Campanile Way to Grinnell Pathway and look for the big trees.

Mindfulness Initiative Guide to Peaceful Campus Spots

Memorial Glade

Scene: Picnics, sunbathing, and the occasional croquet game

Distance: About 0.5 miles from the Law School

Getting there: Walk through the Faculty Glade and the Campanile Esplanade, sprawl on the grass between Doe and Starr libraries



Strawberry Creek



Scene: Babbling brook, sometimes with small frogs

Distance: Varies, as little as 700 feet from the Law School

Getting there: Strawberry Creek cuts through campus and continues up into the hills. The best spots in Martha's experience are near the Faculty Club, behind Dwinelle Hall (pictured above) and near the Eucalyptus Grove.

Strawberry Canyon Recreation Center



Scene: Recreation Center, awesome pool with a grassy area for reading and sunbathing. Yoga classes in the Haas Clubhouse.

Distance: 0.6 miles from the Law School

Getting there: Walk up Centennial Drive behind the Football Stadium, and the Rec Center will be on your right.

Mindfulness Initiative Guide to Peaceful Campus Spots

Claremont Canyon Nature Preserve



Scene: Panoramic views, steep hiking, beautiful wildflowers

Distance: 1 mile from the Law School

Getting there: Go East (uphill!) on Dwight way or Derby Street to get to the trailheads for the Stonewall-Panoramic Trail. Go with a friend and expect to get lost, but not so lost that you can't find your way back downhill 😊

FOOD/DRINK

Free Speech Movement Café



this building just West of Doe Library

Scene: Quiet studying, a café almost exactly like Café Zeb, and awesome outdoor seating. Known for its outgoing squirrels.

Distance: About 0.7 miles from the Law School

Getting there: Attached to Moffitt Undergraduate Library, yet another building on campus that looks like a Soviet bunker. Cross the Faculty Glade and the Campanile Esplanade, look for

The Musical Offering Café 2430 Bancroft Way

Scene: Tasteful, peaceful café, with occasional musical performances

Distance: 0.4 miles from the Law School

Getting there: Walk straight down Bancroft, and the café will be on your left, across the street from the RSF



Mindfulness Initiative Guide to Peaceful Campus Spots



Café Milano
2522 Bancroft Way

Scene: Beautiful café, sometimes gets full at lunchtime. Nice salads, sandwiches and coffee.

Distance: 0.3 miles from the Law School

Getting there: Go straight down Bancroft, café will be on your left before you hit Telegraph

Brewed Awakening

1807 Euclid Ave

Scene: Great café, a favorite study spot for north siders

Distance: About 0.7 miles from the law school

Getting there: Head north from Memorial Glade, go through the North Gate and continue north on Euclid Ave. The café will be on your right between Hearst Ave and Ridge Road.

